



# Red Tail Flyer

Volume 2, Issue 47

www.afnews.af.mil/internal/papers/Balad.pdf

December 3, 2004

## New service sends videos home via e-mail

Timing is perfect to send holiday greetings to States

Staff Sgt. Ryan Hansen

332nd AEW/PA

Recently the 332nd Expeditionary Communications and Services Squadrons teamed up to make life better here at Balad.

Now available for use just in time for the holiday season is a webcam that allows Airmen here to send videos home by e-mail. The system is located in the H-6 Learning Resource Center and can be used from 8 a.m. to 8 p.m. daily.

"The software is extremely user-friendly and the camera does all the work for you," said 1st Lt. Steve Caamaño, who is the chief of the network control center for the 332nd ECS. "The first time is going to take about 15 to 25 minutes, but subsequent visits will take less time."

The camera captures pictures or video directly to the computer and can be viewed by either a Windows-based or Macintosh computer system, Lieutenant Caamaño said. Recipients do not require any additional equipment other than speakers to listen to the videos. Once the video is ready, the software opens an e-mail window with your video or picture already attached and instructions for the recipient. All you have to do is type the e-mail address.

Users can capture up to two minutes of footage, Lieutenant Caamaño said. At the lowest resolution, a two-minute video will take only 2 MB. If users make videos longer than two minutes the mail server will refuse the e-mail because the attachment exceeds the maximum size.

"Customers also need to keep in mind that some Internet service providers like Yahoo, AOL, or Hotmail has limits on the



Air Force/Staff Sgt. Ryan Hansen

**Senior Airman Jeffrey Saba, 332nd Expeditionary Services Squadron, prepares a video to be sent to his family by e-mail at the internet cafe.**

size of attachments they receive; especially the free e-mail sites," Lieutenant Caamaño said. "You just have to be aware of the size and make a video accordingly.

"For example," he continued, "Hotmail does not accept e-mail attachments larger than 500K. This means that you need to make your video e-mail no longer than 30 seconds in order for a recipient in Hotmail to get it."

This new service is just another way Balad's leadership is working to increase morale and keep Airmen in contact with family and friends back in the States.

"My hopes are to increase mission productivity by affording DoD personnel stationed here as many opportunities as we can

to reach back to the ones they love," said Maj. Fernando Martinez, 332nd ESVS commander. "When it comes to strengthening Airmen, we will not accept the status quo."

Currently there are plans in the works to add a webcam to each computer in the morale center that is connected to the Internet. The 332nd ECS also hopes to add a webcam to a few computers at each unit throughout Balad.

"We can't have a camera on every (computer), but each organization is going to have two at their disposal for exclusive use by their personnel," Lieutenant Caamaño said. "This way, people can more conveniently take advantage of the camera at their work places."

# Airman receives phone call from President

## Reaction to rocket blast garners special honor

Staff Sgt. Ryan Hansen

332nd AEW/PA

During Thanksgiving season we talk with a lot of family and friends we don't normally hear from. For one Airman deployed here, the holiday brought a phone call from someone he's never heard from before, and probably never will again.

On Thanksgiving, Senior Airman Eldon Arnaud, who is an assistant dedicated crew chief with the 332nd Expeditionary Aircraft Maintenance Squadron, took a phone call from the President of the United States, George W. Bush. President Bush called to thank him for his efforts on Sept. 11 of this year, for serving his country and wish him a happy Thanksgiving.

As it started out, Sept. 11 was a typical day, just like any other day here in the AOR. Airman Arnaud, who is deployed from Hill Air Force Base, Utah, was walking to a friend's tent with his mind wandering from place-to-place. But what happened at that point made it anything from typical. A rocket blast from insurgents hit the living quarters and Airman Arnaud was one of several Airman who reacted heroically.

"When the rocket hit it knocked me to my knees, and I temporarily lost my hearing," Airman Arnaud said. "When I got up I saw a female that was just in front of me running over to an Airman that was hit. I then started



Air Force/Tech. Sgt. Bill Scherer

**Senior Airman Eldon Arnaud, 332nd Expeditionary Aircraft Maintenance Squadron, talks with George W. Bush on Thanksgiving.**

to run over to him."

Lying on the ground was a member of the 332nd Expeditionary Security Forces Squadron who took the brunt of the rocket blast. He was incoherent and severely injured.

Airman Arnaud's self-aid and buddy care training kicked in and he quickly applied a tourniquet to the Airman's wrist.

Soon after he got the tourniquet applied, a medic arrived on the scene to take over. Airman Arnaud's quick reaction, along with

the heroics of several other Airman, played a key role in helping save the Airman's life.

About a week before Thanksgiving, Airman Arnaud learned he would be getting a phone call from the commander-in-chief to thank him for his efforts and for his service in Iraq. Air Combat Command had forwarded his name as a potential candidate to receive a call from the President.

"I was shocked," Airman Arnaud said. "Then I got nervous. What could I possibly talk about with the President of the United States?"

As the day arrived, the phone call came in and President Bush was on the other line.

"Once I got the call I was really nervous," Airman Arnaud said. "Both of us wished each other and our families a happy Thanksgiving, and he asked how my dinner was. I replied, 'it was a great meal.'"

The President also asked about the morale of the personnel serving with him. The call lasted only about a minute-and-a-half, but Airman Arnaud said he would cherish it forever.

"I will never forget him saying to me how proud he was of me for helping save another Airman's life," Airman Arnaud said.

Airman Arnaud wasn't the only one excited about the call. His family back home was thrilled, too.

"My family was extremely excited for me," Airman Arnaud said.

This year's Thanksgiving will be one to remember for Airman Arnaud. Above everything he's grateful to have been among those able to help.

## Be aggressive, take initiative, and help prevent FOD

Capt. Dan Carpenter

332nd AEW/SE

What does the acronym FOD, mean? If you said Foreign Object Damage or Foreign Object Debris, you're right.

FOD damages aircraft and results when debris on our ramps, taxiways and runways gets ingested into jet engines. While each small piece may seem inconsequential, collectively FOD represents a huge problem. Here are some things

we've seen lately that have hampered our efforts to get FOD under control.

1. People are not doing FOD checks before entering the airfield areas. This action is inexcusable. One of the key ways to prevent FOD is to keep it away from the airfield.

2. People giving the "quick glance" when doing a vehicle FOD check. Take the time to get rid of those pesky rocks that are imbedded in the tire treads. The minute you saved by doing a

quick glance could cost us millions later.

3. People ignoring existing FOD on the airfield. It only takes a few seconds to stop, pick the FOD up, and properly dispose of it. Just think of it as money, each rock you pick up could be worth millions of dollars and save a valuable Air Force asset. Or better yet, think of it as saving lives and equipment. Would you want to be a passenger or crewmember on a plane with a blown engine because someone failed

to do their job? Not me brother.

4. Folks are driving "off road" and then not doing FOD checks when coming back onto a prepared surface. This is nothing more than laziness. We can, and must do better.

In the end, we all must actively work to prevent FOD. This means taking the initiative and picking up FOD whenever and wherever you see it. Yes, even if it didn't come from your vehicle. Be aggressive, be responsible, and be part of the solution.

# Balad Christmas bazaar continues through Sunday

Staff Sgt. Ryan Hansen  
332nd AEW/PA

The 332nd Air Expeditionary Wing's Christmas bazaar continues through Sunday inside the H-6 Recreation Center from 9 a.m. to 9 p.m.

The free event, open to all Department of Defense identification card holders, started Thursday and offers many items perfect for the holiday season.

"There are five companies each with several tables," said Maj. Fernando Martinez, 332nd Expeditionary Services Squadron commander. "Most of the vendors drove here from Kuwait and have brought with them a well-balanced selection."

Some of the items for sale include:

- Blankets and carpets
- Electronic equipment
- Gold and silver
- Jewelry
- Leather goods
- Perfumes

## Christmas Bazaar

- The 332nd AEW Christmas bazaar continues through Sunday inside the H-6 Recreation Center from 9 a.m. to 9 p.m.
- Free camel rides take place from 10 a.m. to 3 p.m. Sunday.

- Souvenirs and trinkets
- Watches and crystal

The four-day event peaks Sunday with free camel rides outside the H-6 Recreation Center from 10 a.m. to 3 p.m.

"We have been looking for a way to make this idea come true," Maj. Martinez said. "It was not until recently when the opportunity finally arose and in conjunction with (Army and Air Force Exchange Service) we were able to work out a deal with some vendors."

The bazaar continues Dec. 7-10 inside the Army Morale Welfare and Recreation tent.



Air Force/Staff Sgt. Ryan Hansen

Senior Airman Patrick Miller, 332nd Expeditionary Maintenance Squadron, looks at a ring at the bazaar.

## Happy Holidays



Air Force/Staff Sgt. Ryan Hansen

332nd Contingency Aeromedical Staging Facility members Capt. Wanda Stauffer, Lt. Col. John Lopardi and Airman 1st Class Matthew Blankenship, present third country nationals with scarves and sundries on Thanksgiving day.

## Congratulations

The following Balad members were promoted to their next rank Dec. 1.

### Captain

Harold McCants, 332nd EMDG

### Master Sergeant

Scott Bahnhub, 732nd ELRS

### Technical Sergeant

Marc Barnes, 332nd AEW  
James Crisp, 732nd ECES  
Brent Day, 332nd EAMXS  
Daniel Ellis, 732nd ECES  
Gregory Harper, 332nd ESFS  
Warren Trollo, 332nd EACS

### Staff Sergeant

Nicole Kamal, 332nd ELRS  
Douglas McDonnell, 64th ERQS  
Jerry Roberts, 332nd ECES  
Rodrick Taylor, 332nd 332nd AEW  
William White, 332nd EMXS

Information provided by 332nd AEW/PERSCO

# Wing offers six professional development classes

## Courses one more way to strengthen deployed Airmen

Staff Sgt. Ryan Hansen  
332nd AEW/PA

In another effort to strengthen Airmen, the 332nd Air Expeditionary Wing is sponsoring six professional development courses starting Tuesday.

The classes, mainly designed for supervisors in grades E-5 and above, will be taught by Chief Master Sgt. John Hearn, 332nd Expeditionary Security Forces Squadron, who is a former Senior NCO Academy instructor.

"When (attendees) complete the course, they will have confidence in their ability to lead in any given situation and they'll possess a greater understanding of human nature in the work environment," Chief Hearn said. "My initial aim was to give some good tools for first-line NCOs to help them accomplish the mission. I now have dozens of NCOs, SNCOs, three CGOs, and a lieutenant colonel who have responded."

Subjects for the six classes include:

- Leadership skills
- Understanding motivation
- Exploiting authority and understanding behavior
- Leadership types

### Development Courses

• The 332nd AEW is sponsoring six professional development courses starting Tuesday inside Town Hall. For more information, please contact SMSgt. Robert Altenbernd by e-mail or by calling him at 443-6046.

- Leadership styles
- Developing subordinates

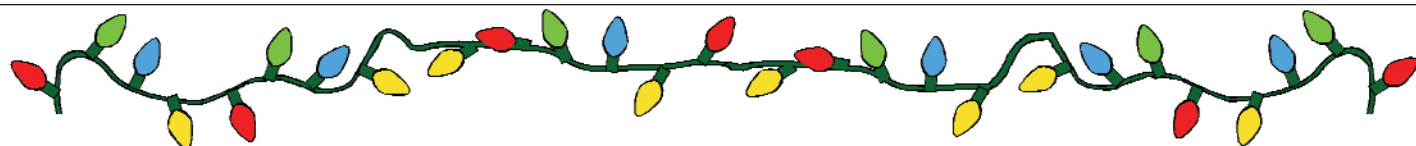
Classes will be held Tuesdays and Thursdays from 7 to 9 p.m. inside Town Hall. The goal is for each student to attend all of the classes, mission permitting.

"I really enjoy leadership skills and understanding motivation (classes) because they're

the most important lessons I cover," Chief Hearn said. "However, the other four are so closely interwoven with these two; it's difficult to separate them."

"Although each class stands alone in value, those who can attend all the classes will leave with a very broad understanding of how complex and yet, at the same time, how simple it is to lead others in accomplishing the mission," Chief continued.

For more information or to sign up for the classes, please contact Senior Master Sgt. Robert Altenbernd, 332nd AEW first sergeant, at robert.altenbernd@blab.centaf.af.mil or by calling him at 443-6046.



## HOLIDAY CELEBRATION

Saturday • 4:30 p.m.  
H-6 Housing Area Community Center

### TREE LIGHTING

Join Col. Blair E. Hansen, 332nd Air Expeditionary Wing commander, as he ushers in the 2004 holiday season with the official lighting of the Balad Christmas tree.

### MUSIC

The Reindeer Band, led by Lt. Col. Paul Friedrichs, 332nd Expeditionary Aeromedical Squadron commander, will lead attendees in Christmas carols.

### SPIRITUAL REFLECTION

Holiday Celebration host Chaplain (Lt. Col.) Gary Brooks, 332nd AEW chaplain, will provide an invocation.

### SPECIAL GUEST:

With a bit of luck, good ol' Santa Claus may make an appearance.



# FIRING ON ALL CYLINDERS

Aerial port keeps airlift 'machine' running strong

Tech. Sgt. Marc Barnes  
332nd AEW/PA

The airlift mission that moves cargo in and out of Iraq is complicated, like a machine with many moving parts. When all of the airlift parts are working in conjunction, America's warfighters are supplied with everything from beans to bullets.

One of the most important parts of the airlift machine is the Aerial Port Flight at Balad, according to officials here. The flight, part of the 332nd Expeditionary Logistics Readiness Squadron, is responsible for loading and offloading cargo from dozens of aircraft that land at Balad each day.

The aircraft vary in size, from the cavernous C-5 Galaxy to the Air Force's tactical workhorse, the C-130 Hercules. And no matter what they're hauling when they arrive, the "Aerial Porters" are responsible for unloading it and then routing it so it can be delivered --



Air Force/Tech. Sgt. Robert Jensen

**Airmen in the 332nd Expeditionary Logistics Readiness Squadron Aerial Port Flight move cargo day and night in support of Operation Iraqi Freedom.**

whether it's going to Airmen up the street, or to Marines and Soldiers hundreds of miles away.

Capt. Rob Neal leads the group of Airmen who make up the flight. He's deployed here from the 436th Aerial Port Squadron at Dover Air Force Base, Del. He said his team, which includes active-duty and Air National Guard Airmen, is motivated to keep the airlift machine firing on all cylinders because they understand the importance of what they do.

"Lives depend on what we do here," the captain said. "We ship everything from beans to tanks. There are people throughout this country who are depend-

ing on us to get these aircraft unloaded."

But moving the huge amounts of cargo that come through Balad comes with challenges, according to Tech. Sgt. Sam Louie, the NCO-in-charge of ramp services in the APF, who is deployed to Balad from Dover, where he serves as a journeyman proficiency training instructor in the 436th APS.

He said two of the flight's biggest hurdles have been equipment challenges and ensuring cargo is coded properly before shipment.

"If we need a piece of equipment repaired, it's sometimes hard to find the right person who has the right expertise to repair the equipment," Sergeant Louie said.

Cargo sometimes comes in for shipment with the wrong payment codes or incorrect paperwork, which can slow the delivery process, according to the sergeant. While the flight does all it can to assist customers, it depends on them to get paperwork in order so the flight can do what it does best -- moving tons of cargo.

Captain Neal said moving cargo to the front lines of Operation Iraqi Freedom will mean long-term benefits for

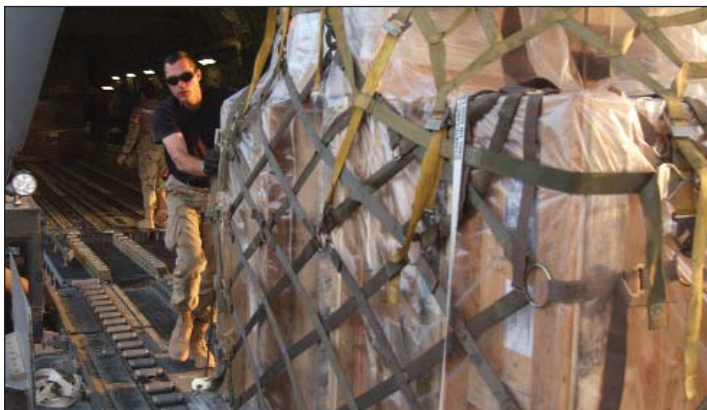
Airmen stationed here, as well as for their units back home.

"This is a fantastic training environment," he explained. "We have (relatively new) troops here with us, and they're getting invaluable training about why they do what they do at (their home station), which is to come out here and do this for real."

The flight moves more cargo than the "Super Port" at Dover, which is home to most of the Airmen who work in the flight here. But according to Captain Neal, the flight moves cargo without many of the additional responsibilities and with a narrower focus than the Super Port. He said their mission here is very focused on one thing -- supplying the warfighter.

"We (do our job) as quickly as possible so the cargo can get to where it needs to be, and the warfighters can keep on with the fight," he said.

In addition to Airmen from Dover's 436th APS, the unit includes Airmen from the 166th Aerial Port Squadron in New Castle, Del.; 85th APS at Hanscom Air Force Base, Mass.; 137th APS in Oklahoma City; 133rd APS in St. Paul, Minn.; 3rd APS at Pope AFB, N.C.; 305th APS at McGuire AFB, N.J.; and the Puerto Rico Air National Guard.



Air Force/Master Sgt. David Reagan

**Staff Sgt. Tony Forcier, 332nd ELRS, rolls cargo off a C-17 Globemaster III on Balad's flightline. Forcier is deployed from Dover Air Force Base, Del.**



Air Force/Tech. Sgt. Marc Barnes

**Senior Airman Roberto Vasquez slowly drives a 60K loader to the rear of a C-17 for unloading cargo.**

# Weight Loss - Not the easiest New Year's resolution

Many Americans annually resolve to take off pounds

Maj. Craig A. Olson

332nd EMDG

Americans are overweight. To be exact, 65 percent of U.S. adults are overweight or obese. That translates into 128 million adults. America's weight problem has risen to epidemic proportions and so has our obsession with dieting and weight loss. Surprisingly, the number of overweight adults continues to increase despite the fact that about \$33 billion is spent annually on weight loss products and services. Not surprisingly, weight gain is also a concern for military personnel. Being overweight can have a negative impact on readiness, health, morale, and even careers.

On the surface, it may seem that the solution to the obesity epidemic is simple: "Get people to eat less and exercise more." The reality is that this change is not as easy as it sounds.

With a New Year right around the corner, many Airmen will soon resolve to take off those extra pounds. New Year's dieters may decide to follow a high-protein, low-carbohydrate diet, not because it works, but because of the low-carb craze. Diets like Atkins, Sugar Busters, and the Carbohydrate Addict's Lifespan Program have made millions from book sales and product endorsements, but do they work?

Last year, the New England Journal of Medicine published results from two short-term studies comparing the Atkins Diet to a conventional, low-fat, high-carbohydrate diet. Although subjects on the Atkins Diet lost more weight than the subjects on the conventional diet at three months and six months, there was no difference between the groups after one year. Furthermore, about 40 percent of the participants in each diet group dropped out of the study before its completion due to the inability to stay on either diet. A five-year study is currently being led by researchers at the University of Pennsylvania in an attempt to answer questions regarding the long-term safety and efficacy of the high-protein, low-carb diets.



Many troops deciding to follow these diets are unaware that long-term, high-protein intake may compromise bone health through increased calcium losses and place an additional burden on the liver and kidneys to excrete waste products. There are also serious concerns over the impact of high-protein, low-carbohydrate diets on exercise tolerance. These and other health concerns need to be addressed by long-term clinical studies before a final decision can be made regarding the safety of the Atkins Diet and similar weight loss plans.

The American College of Sports Medicine stresses that optimal dietary levels of protein and carbohydrate for weight reduction are still unknown. However, it is clear that moderate calorie restriction, especially when accompanied by increased physical activity, typically leads to a healthy loss of one to two pounds per week.

Successful weight loss is defined as losing weight and keeping it off for at least five years. To lose weight successfully, Airmen should get at least 30 minutes of physical activity most days of the week. They should also try to eat at least three meals each day, selecting a variety of

foods at each meal. Eliminating entire food categories such as grains, fruits, or vegetables, makes it difficult to get the vitamins, minerals, fiber, and phytochemicals (plant chemicals) needed for long-term health.

New Year's dieters don't need to give up their favorite foods. The most important part of healthful eating is monitoring portion sizes.

Additional exercise and diet-related information is available from the United States Department of Agriculture. The Dietary Guidelines for Americans, 5th Edition emphasizes the importance of fitness and weight control and is available online at: <http://www.usda.gov/cnpp/DietGd.pdf>. Advanced reading on the topic of successful weight management can be found in the Position of the American Dietetic Association: Weight Management online at [http://www.eatright.org/Public/Other/index\\_adar0802.cfm](http://www.eatright.org/Public/Other/index_adar0802.cfm).

If you have questions related to weight loss, or other nutrition topics, contact the registered dietitian at the Air Force Theater Hospital. Maj. Craig Olson, MS, RD, can be reached at 443-8531.

# Tallil Airmen deliver donated items to Iraqis

Operation Reach Out aims to strengthen relationship with Iraqi neighbors

Master Sgt. Don Perrien  
407th AEG/PA

TALLIL AIR BASE, Iraq -- The convoy moves across the desert leaving a pillar of dust in its wake. The first truck approaches a small Bedouin village as the residents tend to their families and flocks. The local Iraqi residents have seen many such groups of trucks pass by in the desert, most bound for Baghdad bringing needed supplies to coalition forces in support of Operation Iraqi Freedom.

But today, the trucks aren't carrying materials for troops up north -- they're bringing relief for families living near Tallil Air Base in southern Iraq.

Operation Reach Out is an initiative managed by the 407th Expeditionary Security Forces Squadron and supported by the combined efforts of all Airmen deployed as part of Tallil's 407th Air Expeditionary Group.

"Donations come from all over and even people locally buying items," said Senior Airman Marla Bell, 407th ESFS.

The base has received donations through the mail. When money is donated, food is purchased for the program.

So far during the AEF 1/2 rotation, Operation Reach Out has made eight trips to visit the families just outside the gates of Tallil. The most recent delivery included approximately 500 pounds of rice, 16 cases of bottled water and a two-and-a-half ton truckload of toys, blankets and other materials.

For the Airmen protecting the convoys, and those delivering the items, this program has made a difference to both the local Iraqi community -- and their personal outlook about the mission here in Tallil.

"The reaction you receive from everyone is great," said Airman 1st Class Simone Hurd, 407th ESFS. "It's incredible to see the smiles on the children's



Air Force/Tech. Sgt. Maria J. Bare

**An Airman assigned to the 407th Air Expeditionary Group at Tallil Air Base, Iraq, helps an Iraqi boy put on a new shirt during an Operation Reach Out visit. Personnel assigned to the 407th AEG deliver donated items including clothes, food and toys to local Bedouin families as part of the program.**

faces when they look at their new pair of shoes or a new toy.

"This is one of the most rewarding experiences you could ever have," she said. "It's really an eye opener. You learn to appreciate the things that you have and not to take anything for granted."

Almost everyone who takes part in the Operation Reach Out deliveries is greeted by children who are glad to see them, and parents who are glad for the support.

"We came to this one small family and they were as kind as could be and so grateful for us to be there," said Airman Amber Shirey, who recently returned from a delivery. "There was this tiny girl who couldn't have been more than 2-years old wearing terribly dirty clothes.

"When we handed her mother new clothes, she immediately handed me her little girl and asked me to help change her out of the old dirty clothes and into the clean ones," Airman Shirey said. "It's doing things like this that really make me feel like we are making a difference

here."

Those sentiments are echoed among all the people involved with the Operation Reach Out program. According to these Airmen, the program is an example of the many good things Americans are doing while deployed to Iraq -- and deserves their continued support.

"I tell people that this is a good cause, helping the Iraqi people and the United States military to become closer," said Senior Airman Kenneth Rains, 407th ESFS. "Our efforts let them know we are here to help them, and not hurt them. Operation Reach Out is just one of the many ways we give back to the Iraqi people."

Following another stop delivering goods, the convoy makes its way up the dusty roads headed back to base. The Operation Reach Out volunteers will begin gathering their items in preparation for another trip, hopefully strengthening the bonds between deployed Airmen and their Iraqi neighbors.

Looking for more news of Airmen in Iraq? Go to [www.afnews.af.mil/iraq/index.htm](http://www.afnews.af.mil/iraq/index.htm)

# Troops get 3.5 percent raise, increase in BAH

WASHINGTON (AFPN) — Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate servicemembers' out-of-pocket costs for family housing, the Department of Defense's top military personnel official said.

The January troop pay raise will be applied across the board to all servicemembers and will not feature pay hikes targeted to specific ranks as in past years, said David S. C. Chu, the undersecretary of defense for personnel and readiness.

The targeted raises issued to mid-level officers and noncommissioned officers over the past two years, Mr. Chu said, "have fixed," for now, most pay-disparity issues involving those ranks.

And, he said, money is contained in the act to boost allowances that eliminate servicemembers' out-of-pocket expenses for on- or off-base family housing. Stateside and overseas family-housing allowances are calculated according to regional markets.

Another provision in the act removes a

previously established ceiling limiting how much military family-housing inventory could be privatized, Mr. Chu said.

Privatization enables DOD officials to modernize military family housing more quickly and efficiently, Mr. Chu said. About one-third of military families live in on-base housing.

If DOD funded all of its existing family-housing needs by itself, it would take "forever" to make needed repairs or to replace aging housing units largely built in the 1950s, he said.

Mr. Chu named privatization success stories, such as contractor-provided housing for Soldiers and their families at Fort Carson, Colo. Such private sector-provided housing offers contemporary quality and "design flair" for servicemembers while providing more bang for the buck for taxpayers.

The act also contains three special pay and bonus authorizations, Mr. Chu said. For example, the bill makes permanent the increase of military family separation pay to \$250 a month and hostile fire/imminent dan-

ger pay to \$225 a month.

The bill also provides "a much stronger set" of re-enlistment bonuses for Guard and Reserve servicemembers.

Mr. Chu said the act ensures that troops in the field receive the equipment and other material they require to successfully prosecute the war on terrorism.

It also provides extended health coverage for some reservists, Chu said, as well as better Montgomery G.I. Bill benefits.

Another change contained in the act enables reservists to be called up for training before possible overseas deployment. This, Mr. Chu said, is a more efficient means of force management.

A major highlight of military personnel management during his tenure, Mr. Chu said involves successive increases in troop compensation.

"The president has been willing to carry the torch for us to argue for significant pay increases," he said, as well as to reduce and eventually eliminate servicemembers' out-of-pocket costs for housing.

## Flag-flying donations warm hearts, Afghan feet

### Base program helps children's' orphanage

BAGRAM AIR BASE, Afghanistan (AFPN) -- The excitement in the eyes of the Afghan children was mirrored on the faces of two American civilians as a truck carrying bags full of winter shoes backed into an orphanage courtyard recently. Donations received from the 455th Air Expeditionary Wing's flag-flying program ensured that more than 300 orphans living in nearby Charikar village will have warm shoes for winter.

Barry McKelvy, who runs the program, said the sight of orphans coming up one-by-one to receive their shoes warmed his heart. The airfield manager raised more than \$300 in donations since September flying flags over the Bagram tower,

the highest place here. The money from these donations is used to purchase items for children residing in three different orphanages.

Local interpreters who work here volunteer to purchase the items from local shops. The donated items are made in Afghanistan, which helps the local economy and ensures that 100 percent of the program's funds benefit the children.

When Mr. McKelvy took over the program to create souvenirs for friends and family in the United States, he said he never imagined that it would lead him "outside the wire" to local orphanages.

"All the kiddos are so cute, I wish I could take some of them home with me," said the retired Air Force noncommissioned officer.

Mili Suits, who works with



Air Force/2nd Lt. Michael Sheley  
**Barry McKelvy stands with a group of Afghan children at Bagram Air Base.**

Mr. McKelvy in airfield management and accompanied him on the orphanage visit, was born in Lima, Peru, but calls Manassas, Va. home. Her long black hair and lack of a burka immediately drew curious

stares from the young children.

"These children remind me of the children back in Peru ... how poverty stricken people can be, but they still make it in life," she said. "It's nice to see children; their innocence is irreplaceable."

It was the first trip off the base for both of them. They are working here with the Air Force Contract Augmentation Program for a second year.

"We've been here over a year and this is our first chance to get outside the base and see how the local people are living," said Ms. Suits. "It reminds us why we are here, to help these people."

Next time, Mr. McKelvy said he plans to give the children toys.

"I want to give these children something they want instead of something they need," he said.



## PUBLIC HEALTH NOTE

The Air Force chief of staff outlined post deployment medical outprocessing in a letter to all Air Force major commands last year requiring all personnel to complete the outprocessing questionnaire, DD Form 2796, and have a one-on-one interview with a provider prior to leaving theater. Last month an additional requirement was added. All surveys must be performed on a computer program, called AFCITA. This action will help to assure that this valuable information is captured in the individual medical record, and that the information is available for analysis.

Between now and Feb., AEF 1/2 will be finishing up with their tour at Balad Air Base. Before you leave the area, you must schedule a Medical out processing appointment with the 332nd Expeditionary Medical Squadron clinic. Your unit travel representative will assist you with scheduling this appointment. You should touch base with your UTR at least two weeks before you're due for departure to make your appointment. The out processing appointment will take approximately one hour.

- Report to the 332nd EMEDS clinic at least ten minutes prior to your scheduled appointment. Upon arrival you will sign in and fill out a few medical forms.

- Once all of the scheduled members arrive, a health care provider will give a ten-minute briefing explaining the purpose/procedures of medical outprocessing.

- You will complete an electronic outprocessing questionnaire, DD Form 2796. This questionnaire will address a series of questions regarding your health during your deployment. There is no need to complete a paper copy of this form prior to your appointment.

- You will sit down with a health care provider for a one on one interview to review your questionnaire and address any concerns that you might have.

- Finally, you'll be given your sealed medical records and a copy of your immunization records to return to your home station.

Upon arrival home, you must report in to your public health office within 72 hours to turn in your records and accomplish any appropriate follow up health care. Please contact your UTR with inquires about scheduling. For further assistance you can contact the public health office at 443-7304.

*"Public Health Note" is a column that answers frequently asked public health questions at Balad Air Base. Submit questions to 443-7304.*

## Meet your neighbor



Airmen 1st Class Natalie Sanchez

Home station: Pope Air Force Base, N.C.

Unit: 332nd ECS

Family: I have a younger brother and an older sister, and my mother and father are Maria and Wayno Sanchez. My father is retired from the Army.

Hobbies: I love to swim, going to the movies, travel and most of all, eat food.

How do you contribute to the mission? I am part of the computer support for the wing. We ensure everyone has access to the network and I help communications flow smoother to keep the mission going.

What is your favorite aspect of this deployment? Being able to be apart of something that makes a positive change in the world.

Besides your family, what do you miss back home? I miss being able to eat a home cooked meal, talking on my cell phone all night and I also miss having the weekends off to relax.

## Fire Extinguisher Procedures

Please check your fire extinguisher weekly to ensure the pressure indicator is in the green. Place your fire extinguisher near your tent or trailer exit. If you have problems, contact the Fire Department.



**Pull the pin**

**Aim the nozzle**

**Squeeze the handle**

**Sweep at base of fire**

## Air Force Religious Schedule

### Protestant

#### Sundays:

8 a.m. • Religious Education – H-6 Chapel  
9 a.m. • Contemporary Worship – H-6 Chapel  
10:30 a.m. • Traditional – Hospital  
2 p.m. • Bible Study – Hospital  
3 p.m. • Devotional – CSAR Theatre  
5:30 p.m. • Inspirational Worship – T-Town Chapel

#### Mondays, Wednesdays & Fridays:

8:45 a.m. • Purpose Driven Life Study – CASF

#### Daily:

8:30 p.m. • Band of Brothers – H-6 Chapel  
9 p.m. • Prayer – H-6 Chapel

### Islamic

#### Fridays:

1:30 p.m. • Prayer – Provider Chapel

### Church of Christ

#### Sundays:

11 a.m. • Worship – 1/142nd Chapel Tent

### Lutheran

#### Sundays:

8:30 a.m. • Cherokee Chapel  
2 p.m. • 185th Task Force Tent

### Roman Catholic

#### Sundays:

10:30 a.m. • Mass – H-6 Chapel

#### Wednesdays:

9:30 a.m. • Mass – CASF

#### Fridays:

6 p.m. • Reconciliation – Hospital  
6:30 p.m. • Mass – Hospital

### Latter Day Saints

#### Sundays:

7 p.m. • Sacraments – H-6 Chapel  
8 p.m. • Sunday School – H-6 Chapel

#### Thursdays:

7 p.m. • Study Group – H-6 Chapel

### Jewish

#### Fridays:

6:30 p.m. • Prayer – Eden Chapel

### Orthodox

#### Sundays:

11 a.m. • Divine Liturgy – 185th Task Force Tent

#### Saturdays:

7 p.m. • Vespers – 185th Task Force Tent

## Know what this is?

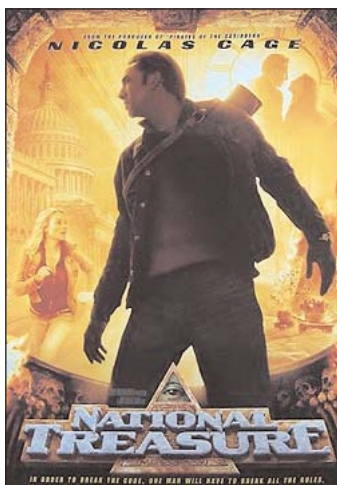


Air Force/Tech. Sgt. Marc Barnes

If you can identify the object, send us an e-mail at [redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil). The first person with the correct answer wins a \$5 gift certificate courtesy of the Army and Air Force Exchange Service. Last week's photo of a Mountain Dew can was first identified by Airman 1st Class Joshua Jowers of the 332nd Expeditionary Security Forces Squadron.

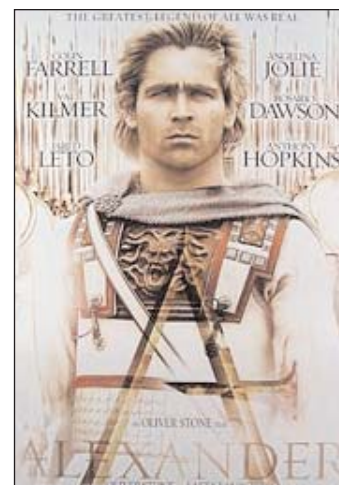


# Sustainer Movie Schedule



Schedule is subject to change

<b>Today</b>	<b>Candidate</b>	<b>9 p.m. - National Treasure</b>
3 p.m. - Mr. 3000	6 p.m. - Spongebob	
6 p.m. - Cellular	9 p.m. - National Treasure	
9 p.m. - National Treasure		<b>Wednesday</b>
	<b>Monday</b>	3 p.m. - Alexander
<b>Saturday</b>	3 p.m. - Wimbledon	6 p.m. - Kranks
3 p.m. - Sky Captain	6 p.m. - Suspect Zero	9 p.m. - Alexander
6 p.m. - Wimbledon	9 p.m. - Collateral	
9 p.m. - AVP		<b>Thursday</b>
	<b>Tuesday</b>	3 p.m. - First Daughter
<b>Sunday</b>	3 p.m. - Without a Paddle	6 p.m. - Raise Your Voice
3 p.m. - Manchurian	6 p.m. - Spongebob	9 p.m. - Alexander



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Red Tail Flyer Editor

The *Red Tail Flyer* is published by the 332nd Air Expeditionary Wing Public Affairs Office.

This unfunded Air Force newsletter is an authorized publication for members of the U.S. military overseas.

Contents of the *Red Tail Flyer* are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense or the Department of the Air Force.

Editorial content is prepared, edited and provided

by the public affairs staff of the 332nd AEW at Balad Air Base, Iraq. The public affairs office can be contacted at 458-1149, or by e-mail at: [redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil) or [332aew.pa@blab.centaf.af.mil](mailto:332aew.pa@blab.centaf.af.mil).

All photos are Air Force photos, unless otherwise indicated.

The deadline for all editorial submissions is 5 p.m. the Tuesday prior to the date of publication.